

Family Medicine Residency

Kaiser Permanente Woodland Hills Medical Center

Our mission statement:

The mission of the Kaiser Permanente (KP) Woodland Hills Family Medicine Residency program is to improve the health of the public by graduating well-trained, well-rounded, compassionate physicians who are adept at both the science and art of full spectrum family medicine. Our residency serves patients in the San Fernando Valley and surrounding communities at several locations including our KP Woodland Hills Family Medicine Clinics, two community free clinics and one school-based clinic. In alignment with our sponsoring institution, Kaiser Permanente Southern California, we promote and excel at preventative care, population health, and evidenced-based care. We train our residents to take on leadership roles, be proficient in team-based care, and understand the social determinants of health of the patients they serve. We expect that our graduates will be capable of practicing in almost any healthcare setting and expertly manage the full spectrum of family medicine.

The Woodland Hills Family Medicine Residency Training Program has a long history of providing top-quality, evidence-based education. Our focus is academic excellence through extensive didactic lectures, full-spectrum patient care, and one-on-one teaching with attendings.

The family medicine program is the only residency in the hospital, providing our residents the opportunity to work closely with primary care as well as subspecialty attendings.

Notably, the Kaiser Permanente Woodland Hills Medical Center has been named one of America's "50 Best Hospitals" in the nation by Healthgrades several consecutive years in a row; a distinction that has placed us among the top 1% of hospital's in the nation for high-quality patient care.



The Program

The Woodland Hills Family Medicine Residency Program prepares you for the rewards and challenges of being a family physician. We build your residency around the concepts of comprehensive, proactive, family-oriented care. Our focus is to provide our residents with the training necessary to become skilled and compassionate family physicians.



The strengths of our program lie in our emphasis on providing the full scope of the family medicine care as well as offering excellent inpatient training, dermatology and procedural training. We strive to continually provide high-quality and high-volume training in these areas.

We also have maintained the tradition of being resident friendly, while graduating the most marketable and competitive physicians. Graduates of our Family Medicine residency program are prepared to provide care in a variety of health care settings—rural, urban, and academic—and maintain a broad scope of practice from perinatal care to geriatrics. Our faculty is composed of graduates from different residency programs, offering you exposure to diverse styles of practice and schooling. In-house attending physicians, available 24 hours a day for supervision, offer an additional advantage.

Nationwide the majority of family medicine residency graduates participate in some form of managed health care. Kaiser Permanente is among the nation's largest and most highly regarded managed care delivery organizations. As a member of our residency, you will learn to practice in an environment that places patient care as its first priority. Our comprehensive electronic medical records and integrated health care system allow us to optimize communication and coordinated care. Upon graduation, our residents are capable of practicing in almost any environment and expertly handling both common and complex medical conditions.

Adult Medicine

Ten months of your three-year residency are devoted to adult inpatient medicine. The Family Medicine service is staffed by Family Medicine residents and attending physicians. There are two medicine teams who, together, care for a total of 15 patients. One team consists of two interns, a senior resident, and an attending physician. The other team consists of a second year and an attending physician. When applicable, the residents are also expected to continue rounding on these patients if they require admission to the Intensive Care or Cardiac Care Unit. Patient caps are strongly enforced to balance our educational goals with those of service to the team.

Under the supervision of attending staff, first year residents provide day and evening coverage and second year residents take overnight call every fourth night. Second-year residents gain additional training in cross-covering hospitalized patients during their two 4-week blocks on the float rotation. In your final year of residency, your main duty on inpatient medicine is that of teaching and supervising the junior residents. Senior residents take 6 to 10 pm hospital coverage every fourth night and have very limited overnight call. Education is emphasized during this rotation with daily didactics presented by family medicine faculty, hospitalists, specialists and residents. At no time are residents asked to provide care without an in-house supervising attending.



Perinatal Care and Women's Health

A total of eight weeks of perinatal care are required during the first and second years of residency with two separate four-week blocks. Your time is devoted to Labor and Delivery, where you triage pregnant patients, manage labor, perform vaginal deliveries, and assist on C-sections. In addition, you will also provide prenatal care for your own continuity patients in the Family Medicine Center and the OB department, ultimately delivering their newborns. Upon their delivery, you will be expected to care for their newborns in your family medicine clinic.

As a second-year resident, you devote four weeks to a women's health care rotation at Kaiser Woodland Hills. The rotation consists of experiences in gynecologic walk-in, responding to gynecologic and obstetrical emergencies, and providing contraceptive and preventive women's health care. Residents learn procedures such as endometrial biopsy, IUD placement, colposcopy, and ultrasound while on this rotation.

Residents have the opportunity to take electives that further their gynecologic or obstetrical experience if desired.



Pediatrics - Inpatient, ER, and Ambulatory

A vital element of your Family Medicine training is the eight weeks you train at Children's Hospital of Los Angeles (CHLA) during your first year of residency with four weeks on inpatient pediatric medicine and four weeks in the CHLA Emergency Medicine Department. Additionally, fourteen weeks are dedicated to Pediatrics in the second year. 4 weeks will be spent in the CHLA Emergency Medicine Department and 2 weeks is dedicated to several of KP's ambulatory pediatric specialty clinics including pediatric cardiology, gastroenterology, and developmental & behavioral medicine (ADHD and Autism). A total of eight weeks will also take place at our Woodland Hills Medical Center in our newborn nursery and our ambulatory pediatric department clinic. Furthermore, in your third year, you will spend an additional two weeks in our medical center's ambulatory pediatric clinic and provide pediatric physical exams during assigned weekends. Neonatal circumcisions for the entire medical center are performed by Family Medicine residents and faculty.

Surgical Diagnosis and Treatment

Our general surgery training is geared towards teaching our residents how to recognize common surgical problems and understand the basics of management of these problems. Our residents find their surgery rotations to be a low stress, high quality teaching experience. Your first year includes two 3-weeks rotations on the surgical service where your training will emphasize both pre- and postoperative care, surgical assisting, and surgical diagnosis. Residents also perform minor surgery procedures on their own patients in the Family Medicine Center and in select community clinics.

Behavioral Science and Mental Health

Your behavioral sciences training includes lectures, interactive discussions, role playing and patient interviews targeted at improving your proficiency in behavioral sciences. The faculty include four staff psychiatrists, a clinical psychologist, a behavioral sciences trained family medicine faculty and guest speakers. In this clinic, you will enhance your skills in diagnosing and treating common outpatient mental health problems, such as depression and anxiety, as well as receive training in applied psychotherapy and psychopharmacology. This clinic also gives residents an opportunity to get to know selected continuity patients on a deeper level. Furthermore, we discuss topics such as physician and caregiver burnout, coping with death and disease, and understanding the patient-physician relationship.

Critical Care Medicine, (ICU), Cardiovascular Medicine, Diseases of the Skin, GI Tract and Critical Care Medicine (ICU), Cardiology, Dermatology and Gastroenterology

4 weeks of critical care experience supplement your First-year medical rotations and are a key part of your preparation for inpatient medicine call and your float rotations during your second year. There is no night call during the critical care rotation. In your first year, you will spend four weeks on diseases of the cardiovascular system. Staff cardiologists supervise and teach inpatient and outpatient care. In your second year, 2 weeks are spent on common inpatient and outpatient gastroenterologic diseases. During the third year, you will spend 4 weeks in our dermatology department.

Otolaryngology/Ophthalmology

2 weeks during the first year are devoted to common outpatient otolaryngology and ophthalmology problems. Residents learn how to evaluate and treat problems such as acute loss of vision, red eye, complicated sinusitis, eustachian tube dysfunction, and hearing loss.

Musculoskeletal, Orthopedics, Rheumatologic Diseases, Sports Medicine, Addiction and Pain Medicine

One unique feature of the second year is the four-week block in musculoskeletal disorders including orthopedics, sports medicine, rheumatology, and podiatry. These blocks provide ample experience in handling common outpatient joint, bone, foot, and rheumatologic disorders frequently encountered by the family physician. Furthermore, during your third year you will complete a two-week rotation in addiction and pain management.



Sports Medicine

You will spend two weeks in your third year at California State University, Northridge, learning to manage various sports-related injuries. You may also attend various sport functions, practicing on-the-spot medical care to injured athletes or provide medical coverage for Kaiser Permanente sponsored sporting events such as marathons, triathlons, and community wellness events. For those residents who are interested, the opportunity to become the dedicated physician for an intercollegiate team is highly valuable. We also have two board-certified Sports Medicine specialists on faculty who mentor our Resident Sports Medicine Clinic.

Emergency Medical Care

4 weeks in the first year and 4 weeks in the third year will be spent training in our medical center's emergency room. You will work directly with board-certified ER physicians, learning acute stabilization and management of patients. As we are the only residency program at this site, our residents are able to perform a variety of procedures such as laceration repair, central line placement, and intubation. Additionally, residents are assigned to work mornings in our orthopedic department's cast clinic on a weekly basis. In this clinic, our residents learn how to manage common orthopedic injuries and fractures, including gaining experience in interpreting x-rays, casting and splinting. (Please refer to the section on "Pediatrics" regarding the 8 weeks of pediatric emergency medical training that you will receive at the Children's Hospital of Los Angeles during your first and second years.)

Geriatrics

The growing number of older patients in our population has made specialized geriatric care a very important part of the curriculum. In both the second and third years, you spend two weeks in our outpatient geriatric clinic learning to assess the special needs of our seniors. Supervised by a faculty member, you will also round on your own nursing home patients and receive regular didactics on a variety of geriatrics topics.

Underserved and Community Medicine

Our program is very involved in community health and, since 2007, our program has offered a year-long Community Medicine Fellowship. Our fellow's role is to provide care to underserved patients and to supervise residents and rotating students at the clinics that we serve. We have a partnership with 3 free clinics, including a high school-based teen clinic. These clinics include the Free Clinic of Simi Valley, the Conejo Free Clinic in Thousand Oaks, and the Valley Teen Clinic based out of Monroe High School in North Hills. In partnership with the UCLA School of Medicine, we also offer a Community Medicine elective for interested medical students. For residents who have a passion for community health, there is an opportunity to complete our community medicine health track.

Health Systems

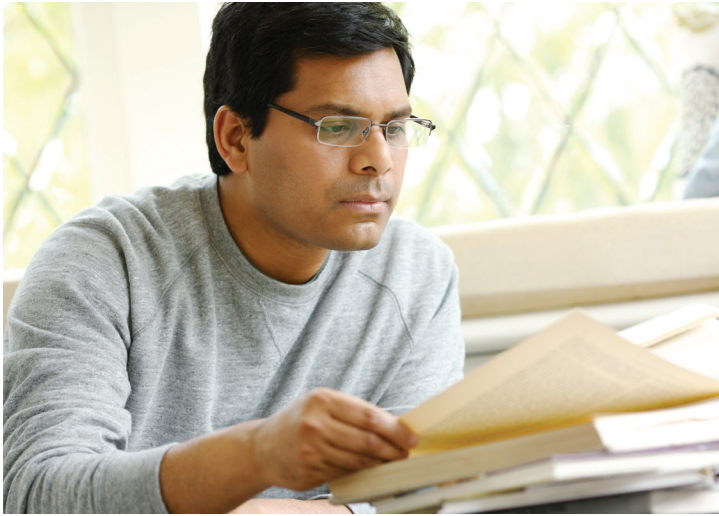
Practice management is taught longitudinally throughout the three years of residency. Residents are provided lectures in topics such as insurance, nursing, pharmacy, appropriate medication prescribing, quality assurance, medical systems, electronic medical records, and quality improvement. Residents also have time during their elective rotations to rotate through other practices to learn about different practice environments.



Electives

We believe in and encourage productive, self-directed study, and provide generous time for our residents to pursue electives. Two weeks of electives are offered in your second year and 22 weeks in your third year.

Our residents can choose from a variety of electives including urology, nephrology, pulmonary medicine, sports medicine & musculoskeletal health, allergy & immunology, urgent care clinic, LGBTQ health, and a study elective for board preparation. To learn more about a particular area of medicine of their choosing or to experience a different practice environment, residents can also create their own electives.



Scholarly Activities

Per ACGME requirement, each resident will complete at least two scholarly activities including a quality improvement project. Our residents' scholarly activities vary and may include publications, poster presentations and/or lecture presentations at regional meetings. Furthermore, these scholarly activities provide residents the opportunity to pursue an area of their interest in more detail. Our faculty Research Director provides guidance and support to residents in order to make this a manageable, low stress, and enjoyable process. Elective time may be used to pursue research projects and scholarly activities with the approval of the Program Director. Financial and statistical support is available on a regional and local level. Our faculty have written textbooks and articles. Furthermore, with the assistance of a supervising faculty member, the senior residents will select a journal article and learn how to review this article for the quality of the research design, the statistics employed, the suitability of the controls that were used, etc. For attending staff CME credit, the senior residents will then provide a formal presentation of this article to fellow residents family medicine faculty, and other staff physicians.

Resident Women's Health/ Gynecologic Clinic

This clinic takes place in our Family Medicine Center and is directly certified by an experienced, board-certified OB/ Gyn specialist. Residents learn how to manage a variety of common women's health issues including heavy or abnormal menstrual bleeding, contraceptive care, vaginal discharge, vulvar and vaginal disorders, and pelvic pain.

Resident Procedure Clinic

This twice weekly resident procedure clinic takes place in our Family Medicine Center and is directly supervised by our procedurally-trained family medicine faculty. These faculty provide one-to-one supervision of the resident for each procedure the

resident performs. This clinic offers our resident extensive hands-on procedural training in a variety of common outpatient procedures including cyst excisions, endometrial biopsies, IUD and Nexplanon insertions, cortisone injections, ingrown toenail avulsions, etc. One of our weekly procedure clinics is also dedicated to performing neonatal circumcisions.

Resident Dermatology Clinic

This weekly clinic takes place in our Family Medicine Center and provides our residents extensive hands-on teaching in dermatology and minor dermatology procedures. Supervised by one of our superb staff dermatologists, two residents see a total of 12 patients per half day.

Resident Sports Medicine/Musculoskeletal Clinic

This bimonthly clinic takes place in our Family Medicine Center and is supervised by two of our Board-Certified Sports Medicine specialty faculty. Residents will be exposed to a variety of common sports medicine and musculoskeletal conditions including common shoulder, hip and knee conditions.



Family Medicine Center

The teaching staff in our Family Medicine Center (outpatient medical offices) consists of UCLA appointed full-time, board-certified family physicians. Thousands of patients of all ages, backgrounds, and cultures visit the center each month. Due to our location in Los Angeles county, our patient demographics reflect a large variety of ages, racial & ethnic backgrounds, sexual orientations, gender and cultural identities.

As a resident, you provide care for your own panel of patients, including health screening and physical examinations, preventive and problem-oriented health care, perinatal care, and procedures. Our outpatient family medicine clinics are equipped with procedure rooms designed to perform minor surgical procedures. The full range of lab and imaging services, as well as consultations with every specialty, are readily available on site.

In your first year, you spend two half-days each week in the Family Medicine outpatient medical offices. Each year your involvement in the Family Medicine Center will expand. For example, three half-days per week in your second year and four half-days per week in your third year are spent in the Family Medicine Center. During each clinic, assigned family medicine mentors are available to answer patient care questions and assist residents in formulating diagnoses and treatment plans.

Conferences

Every weekday our residents attend catered lunch conferences devoted to resident didactics which include a wide variety of medical topics presented by fellow residents, family medicine faculty, and specialists. These conferences also include resident support, board preparation, journal club, Balint, and ultrasound training to name a few. Additionally, our medical center offers a variety of multi-specialty educational conferences presented by staff and visiting physicians. Furthermore, our residents regularly attend conferences sponsored by our pediatrics, family & internal medicine, and bioethics departments.

Once monthly, the residents are cleared of their clinical duties to attend an afternoon devoted to family medicine case conference.

We also encourage our residents to attend our annual Kaiser Permanente Southern California Family Medicine Symposium where our residents and faculty interact with family medicine physicians and residents throughout the region.

During your third year, you will be given one week to attend the educational conference of your choice.

Resident Wellness

Helping our residents maintain wellness and balance during their residency training is a priority for us. As a resident, it can be difficult to strike a healthy work-life balance, but we believe that residents cannot realize their full potential without maintaining their well-being. As such, we work hard to foster a strong culture of support and cooperation amongst our residents, faculty and staff. We also encourage our residents to participate in activities that promote their physical and emotional health.

We also have organized wellness events including a yearly weekend retreat for all residents and faculty. In years past we have spent the weekend in locations such as Santa Barbara, Lake Arrowhead, San Diego, and Palm Springs to name a few. We also have a yearly Resident Wellness Retreat Day that is dedicated to educating our residents about the importance of their personal wellness and giving our

residents time away from the medical center to bond with their fellow classmates. Separately, we provide bonding retreats for each class on a yearly basis. Throughout the year, there are ample opportunities to participate in residency-sponsored social events.

On a monthly basis, there is noon conference time dedicated to resident support. We also have monthly Balint sessions that are designed to further our understanding of the often complex doctor-patient relationship.

Finally, our vacation schedule, along with research leave, educational leave and personal wellness days afford our residents ample time to develop the important balance between work and life outside of medicine.

Location and Lifestyle

The Kaiser Permanente Woodland Hills Medical Center opened in 1986 on a 28-acre site in the west San Fernando Valley, near the Los Angeles/Ventura County line. The surrounding suburban communities of Calabasas, Northridge, Encino, Westlake Village, and Thousand Oaks offer all the advantages of Los Angeles living, and include some of the most desirable neighborhoods in the Valley.

We believe that our residents deserve free time to spend with their loved ones and, in Woodland Hills, you will find numerous recreational opportunities to entice you. Take a road trip through famous Malibu Canyon and you will find yourself at Southern California's renowned beaches. Santa Barbara is a couple hours drive up the Pacific Coast Highway. The many local mountains and desert resorts, such as Lake Arrowhead, Big Bear and Palm Springs, are easily accessible. A variety of restaurants and shops are another West Valley bonus. Major theaters can be found in downtown Los Angeles, Century City, and Hollywood. The West Hollywood arts community, Santa Monica, Beverly Hills, and Malibu are all within 20 miles.

The University of California, Los Angeles (UCLA) and Westwood Village are just 15 miles from Woodland Hills, offering all the excitement and opportunities of a college community. Additionally, our residency program has a collaboration with UCLA's School of Medicine. As such, our residents will receive a graduation diploma from both Kaiser Permanente Woodland Hills and UCLA's David Geffen School of Medicine.

Housing

There are many affordable rental properties in the areas surrounding the medical center that also offer pools, spas, recreations rooms, saunas, barbecues, sun decks, and workout rooms.

Curriculum at a Glance

First Postgraduate Year		
Rotation	Location	# of Weeks
Adult Medicine, Inpatient	WHMC	16 weeks
Cardiology	WHMC	4 weeks
Critical Care (ICU)	WHMC	4 weeks
Emergency Medicine & Orthopedic Cast Clinic	WHMC	4 weeks
Obstetrics (Maternity Care)	WHMC	4 weeks
Ophthalmology	WHMC	1 week
Otolaryngology	WHMC	1 week
Pediatrics, Inpatient	CHLA	4 weeks
Pediatrics, Emergency Medicine	CHLA	4 weeks
Surgery, Inpatient & Outpatient (including OR)	WHMC	6 weeks

Second Postgraduate Year		
Rotation	Location	# of Weeks
Adult Medicine, Inpatient	WHMC	16 weeks
Elective	Location Varies	2 weeks
Gastroenterology	WHMC	2 weeks
Geriatrics	WHMC	2 weeks
Gynecology & Women's Health	WHMC	4 weeks
Musculoskeletal Health - Sports Med, Orthopedics, Rheum, Physical Med	WHMC	4 weeks
Obstetrics (Maternity Care)	WHMC	4 weeks
Pediatrics, Ambulatory Care	WHMC	2 weeks
Pediatrics, Chronic Diseases/ Specialty Pediatrics (GI, Cardiology, Autism, ADHD)	WHMC, LAMC, PCMC	2 weeks
Pediatrics, Emergency Medicine	CHLA	4 weeks
Pediatrics, Newborn Nursery & Ambulatory Care	WHMC	4 weeks
Pediatrics, Urgent Care	WHMC	2 weeks

WHMC = Kaiser Permanente Woodland Hills Medical Center

CHLA = Children's Hospital Los Angeles

PCMC = Kaiser Permanente Panorama City Medical Center

CSUN = California State University Northridge

LAMC = Kaiser Permanente Los Angeles Medical Center

Curriculum at a Glance (continued)

Third Postgraduate Year		
Rotation	Location	# of Weeks
Adult Medicine, Inpatient	WHMC	8 weeks
Dermatology	WHMC	4 weeks
Electives	Location Varies	22 weeks
Emergency Medicine	WHMC	4 weeks
Geriatrics	WHMC	2 weeks
Pain Management & Addiction Medicine	WHMC	2 weeks
Pediatrics, Ambulatory Care	WHMC	2 weeks
Sports Medicine & Student Health	CSUN	2 weeks
Surgical Walk-In	PCMC	2 weeks

WHMC = Kaiser Permanente Woodland Hills Medical Center
 CHLA = Children's Hospital Los Angeles
 PCMC = Kaiser Permanente Panorama City Medical Center
 CSUN = California State University Northridge
 LAMC = Kaiser Permanente Los Angeles Medical Center

Curriculum at a Glance (continued)

Longitudinal Clinics	1st Postgraduate Year	2nd Postgraduate Year	3rd Postgraduate Year
Family Medicine Continuity Clinic	2 half days each week	3 half days each week	4 half days each week
Behavioral Sciences Clinic	1 half day each week for 6 months	1 half day each week for 6 months	n/a
Special Resident Clinics (these take place in the Family Medicine Center)	Dermatology Clinic	Dermatology Clinic	Dermatology Clinic
		Procedural Clinic	Procedural Clinic
		Sports Medicine Clinic	Sports Medicine Clinic
	Women's Health/ Gynecology Clinic	Women's Health/ Gynecology Clinic	
Community Clinics	Conejo Valley Free Clinic	Conejo Valley Free Clinic	Conejo Valley Free Clinic
	Simi Valley Free Clinic	Simi Valley Free Clinic	Simi Valley Free Clinic
	Teen Clinic at James Monroe High School	Teen Clinic at James Monroe High School	Teen Clinic at James Monroe High School
Vacation Days: 4 weeks paid vacation each year		Personal Days: 3 Paid Personal Days off each year	
			3rd postgraduate year: 1 week paid educational leave

*The Family Medicine Clinic is closed for the 6 major holidays (Thanksgiving, Christmas, New Year's Day, Memorial Day, July 4th & Labor Day). When resident is not assigned to an inpatient service, they will get these days off.



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to learn more about how to apply, our faculty & residents, available clerkships & electives, and benefits & salary